

General Anaesthetic Advice Sheet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

General anaesthetic advice

You may not be able to think clearly after an anaesthetic or after you have been given sedation medicine for up to 24 hours. During this time you **should**:

- Not travel home by public transport.
- Have a responsible adult accompany you home, and stay with you for a minimum of 24 hours following your operation.
- You may experience light-headedness, dizziness or abnormal sleepiness, so it is important not to be or be left to look after dependant relatives, (children or elderly adults).
- It is important that you go home and rest with light to moderate activity if you feel like it. You may not need to go to bed but you should rest for the first 24 hours and avoid strenuous activity.
- Alcohol increases the effect of anaesthesia and sedation so you are advised not to drink alcohol for 48 hours following surgery.
- Do not smoke for 24 hours after as it may cause **nausea, vomiting, dizziness or fainting**.
- Make sure you are accessible and do not lock the bathroom or toilet door until you are fully recovered.
- Not make any important decisions or sign any legal documents for 24 hours following your operation.
- Not operate any machinery, including domestic appliances, do not cook, use sharp utensils (kitchen tools) or pour hot liquids.
- Not return to work within 24 hrs of your operation.
- Be careful about what you post on social media while your judgement is affected.
- Some anaesthetic drugs and painkillers may produce nausea and vomiting in some people. If nausea becomes a problem once you are at home, seek medical advice.
- You may feel tired or even exhausted after a general anaesthetic, and this might last for a few days. If it lasts longer, it is more likely to be due to other things, such as lack of sleep, anxiety or not being able to eat or drink properly. The healing process after some operations can leave you feeling very tired.

Medication

Please take your usual medication as normal, unless you are told not to by your surgeon. If you have been prescribed any medication to take at home, please follow the instructions carefully.

You have/have not been prescribed painkillers to take at home, these are:

1. _____

These can be taken after _____ am/pm

2. _____

These can be taken after _____ am/pm

3. _____

These can be taken after _____ am/pm

Important Information regarding medications

Some medications containing opiates (codeine, morphine), can impair your ability and judgement.

Do not drive a car or ride a bike if this medication makes you sleepy, gives you blurred vision or makes you feel dizzy, clumsy or unable to concentrate or make decisions.

This may be more likely when you first start taking medicines such as codeine but could happen at any time, for example when starting another medicine. It is an offence to drive a car if your ability to drive safely is affected. It is your responsibility to decide if it is safe to drive. If you are in any doubt, do not drive. Always read the instructions supplied with medications.

Talk to your doctor or pharmacist if you are unsure whether it is safe for you to drive while taking medications such as codeine.

GOV.UK has more information on the law on drugs and driving.

Further Information

Royal College of Anaesthetists
www.rcoa.ac.uk

www.nhs.uk/conditions/general-anaesthesia/

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